

Baby Boomers & Beyond

A Healthy Living Expo

Saturday, October 21, 2006
10am to 3pm

FREE
Admission!

**Boomer
Birthday Bash
2006**

Enjoy free health screens,
speakers, demonstrations,
food, information and
resources focused on key issues
important to adults age 50+
and the **"sandwich generation"**.

Highlights

Ciscoe Morris Live Broadcast

- Guest, Marianne Binetti, NW Gardening Expert & Author
- How to Prevent Gardening Injuries
- Stump the Experts with Your Gardening Questions

Feel Good, Look Good

- Acupuncture Facelifts
- Hula Hooping Like Never Seen Before!
- Magical Make-Overs
- Nia & Belly Dancing Demo
- Chair Massage and Foot Reflexology

Adult Parent / Adult Child

- Aging in Place
- Project Lifesaver
- Housing Options
- Important Community Resources

Social Fun for Everyone

- Flirting 101 and Dating for Ding Dongs
- Dancing and Dance Lessons
- Handwriting Analysis and Henna Painting

Multi-Cultural Presentations

- Medicare Made Easy (in Mandarin)
- Aging with Health and Success (in Spanish)
- Keeping Your Mind Active (in Spanish)



Join us at: Peter Kirk Community Center • 352 Kirkland Avenue • www.ci.kirkland.wa.us/boomers

Presented By:



SENIOR FINANCIAL ADVISORS, INC.



KEYNOTE SPEAKER 10AM – 1PM CISCOE MORRIS!

Ciscoe Morris, local gardening guru and guests will do a live remote broadcast from the Kirkland Performance Center. Join the fun and bring your toughest questions to stump Ciscoe! **FREE!**



SCHEDULE OF EVENTS

DEMONSTRATIONS

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| 10:30 | Reflexology & Foot Massage Path <i>Elizabeth Marazita, Lac, Bastyr University</i> |
| 11:30 | Effective, Non-Surgical Facelift with Acupuncture <i>Lorraine Smith, RN, Healthy Lifestyles</i> |
| 12:30 | Quick Fixes & Magical Make-Overs <i>Alma, Professional Dater and Ruth Badgley, Salon Featherly</i> |
| 1:30 | Get Fit Fast with Hooping & Belly Dancing <i>Ariel Meadow Stallings and Josette "Athena" Minaglia</i> |

SOCIAL-DATING & MORE

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|-------|--|
| 10:00 | Music with Tom the DJ <i>Tom Clifton, NW Dancer & DJ</i> |
| 10:30 | Flirting 101 <i>Alma Avery Rubenstein, The Professional Dater</i> |
| 11:00 | Swing Dance Demo <i>Seattle Swing Dance Club</i> "East Coast Swing" Dance Lesson <i>Tom Clifton, NW Dancer & DJ</i> |
| 11:45 | The Inexperienced Dater: Dating for Ding Dongs <i>Alma Avery Rubenstein</i> |
| 12:15 | Argentine Tango Demo and Lesson <i>Ina Peccia & Jon Howe</i> |
| 12:45 | "Salsa" Dance Lesson <i>Tom Clifton, NW Dancer & DJ</i> |
| 1:15 | Line Dance Demo & Lesson <i>Joe Mraz</i> |
| 1:45 | Art of Internet Dating <i>Alma Avery Rubenstein</i> |
| 2:15 | Learn to Dance the "Waltz" <i>Tom Clifton, NW Dancer & DJ</i> |
| 2:45 | Music for Dancing <i>Tom Clifton, NW Dancer & DJ</i> |

DEMONSTRATIONS

| | |
|-------|--|
| 10:30 | Arthritis Relief with Acupuncture <i>Lorraine Smith, RN, Healthy Lifestyles</i> |
| 11:30 | All the Ingredients for a Great Meal! <i>Dream Dinners</i> |
| 12:30 | Fitness Fun with Nia Movement and Dynamic Stretch-Eze™ <i>Sarah Love & Kimberly Dye, MS.ADTR</i> |
| 1:30 | How to Prevent Gardening Injuries <i>Annelise Di Giocomo</i> |

STAGE AREA

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|-------|---|
| 10-3 | Entertainment and Prize Drawings |
| 10:45 | Trader Joe's Cooking Demo |
| 1:45 | Trader Joe's Cooking Demo |

HEALTH & MEDICAL SPEAKERS

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|-------|---|
| 10:30 | Medicare Made Easy <i>(Presentation in Mandarin)</i> <i>Mr. Boliver Choi</i> |
| 11:30 | Aging w/ Health & Success <i>(Presentation in Spanish)</i> <i>Dr. Miguel Alvarado</i> |
| 12:30 | Maintain Your Brain: Keeping Your Mind Active <i>(Presentation in Spanish)</i> <i>Janet Ceballos, Alzheimer's Assoc.</i> |

HEALTH SCREENS

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| ALL DAY | Cholesterol, Glucose, Skin Cancer, Blood Pressure, Flu Shots, Pneumonia Shots, Hearing, Bone Density |
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MASSAGE, ETC.

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| ALL DAY | Massage and Foot Reflexology |
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EXHIBITORS 10am – 3pm

- AARP
- Active Singles Life Newspaper
- Alzheimer's Association
- American Volkssporting Association
- ARCH (A Regional Coalition for Housing)
- Arthritis Association
- Ben & Jerry's – Kirkland
- Bridge Ministries
- Chinese Information & Service Center
- Choice Guide
- Diabetes Association
- Elderhostel
- EnhanceWellness
- ERA Care Communities
- Evergreen Healthcare
- Evergreen Care Network
- Evergreen Hospice
- Hopelink
- King County METRO
- King County Sheriff's Office – Project Lifesaver
- King County Search & Rescue Association
- King County SHIBA Helpline (Statewide Health Insurance Benefits Advisors)
- Kirkland Fire & Building Dept.
- Kirkland Senior Council
- Lake Washington Adult Day Health
- Lake Washington Technical College
- Massage Envy
- Mountaineers
- Northwest Coalition for Universal Design
- Parents without Partners
- Peter Kirk Community Center
- Peter Kirk Comm. Ctr. Charter Tours
- Professional Dater, Alma Avery Rubenstein
- Redmond Reflexology Center
- Sea Mar Community Health
- Seattle Sleepless
- Seattle Swing Club
- Senior Net
- Senior Services of King County
- Starbucks
- Telos, BCC
- Tom Clifton, NW Dancer & DJ
- Trader Joe's
- Visiting Nurse Service
- Washington Osteoporosis Coalition
- WSRCC – Adult Family Homes